Sometimes things happen in the economy that take me completely by surprise. I feel like I'm witnessing the impossible. One such experience was on 13th November 2019 when a leading supermarket dropped the price of unleaded petrol down to £0.99 a litre. In 2019 the price was at around £1.25 per litre and each year it seemed to climb a little more. But in 2019 it started falling, and it kept falling. I couldn't believe it! Fuel never experienced anything like it!

Today the opposite is taking place. Prices are increasing at an alarming rate and the cost of heating our homes is higher than I could ever have imagined. In addition, this month we have witnessed our national government selling out to foreign interests in a way I never thought I would see in my lifetime. The consequence that people must pay significantly more for a mortgage. In one year ago, someone had told me this was going to happen, I would have thought the idea was ridiculous.

Today the average household fuel bill is almost double what it was the time last year. Even with government intervention, there have been three-quarters of households in the UK, or 33 million people, are expected to fall into fuel poverty by January 2023 (Community of Tom).

Food inflation has risen to a record high close to 13.1% in the 12 months to August 2022. The largest increases were seen in vegetable oils, dairy products and eggs. Milk rose by 40.4%, cheese by 27% and eggs by 18.3% (Which).

Back in January, The Trussell Trust were already reporting a 20% increase in demand for support from their food banks in comparison to the previous year (Trussell Trust). Last year, Christian Aid reported Poverty helped more than 13,000 clients struggling with their finances. They've already seen a 37% increase in clients in their help line - including a doubling in pleas for emergency fuel top-ups (CAP).

The cost-of-living crisis stretches far and wide. People who have never worried about having enough money to pay their bills are now thinking twice.

There is an African proverb that says, "If you want to go fast go alone, if you want to go far go together". I fear the journey out of economic crisis is going to be long. We need to be in it together. We need to be looking after one another and said that we should love our neighbour as ourselves and particularly look out for those in need including the ill, the stranger, the prisoner and the poor. That has weren't intended only to be expressed individually but also corporately, together.

The majority of this newsletter is dedicated to different ways we can support the most vulnerable. It begins with an appeal for volunteers for a project I am leading over the next few months called North Lynn Food Hub. If you are local to King's Lynn, please spread the word.

Andrew

Upcoming Vacancies
North Lynn Food Hub

Events
Family Fund: Information and Support Day
Food for Thought continues
Wonders Norfolk: relaunching soon
Supporting Communities: VCSE Annual Conference

Resources
Surviving the Cost-of-Living guide
Diocese of Norwich: Cost-of-Living support
Methodist Church: Warm Spaces webinar
Keep Warm and Well this Winter: Free Winter Jubilee+
Responding to a deepening crisis
CAP: Kick Start
Trussell Trust: Tackling the cost of living

Employment Vacancy
King's Lynn Foodbank: Administrator

Funding
Community Hub Grant
Christ's Nine Community Benefit Fund
Norfolk Community Foundation Newsletter

NEWS

Volunteers WE NEED YOU!

Volunteer for a few hours, a little longer, every week, from one-off to long-term support roles!

Help people thrive

Empowering people through a wide range of services, food and fuel poverty, financial inclusion, and community support.

What's in a Food Hub?

Good quality, low cost food to help family budgets go further

Cooking classes, nutritional support, and other help for attending people

Contact Andrew Tom-Smith
andrew.tom-smith@cassiobroadcast.com
07949 764722

More about the Food Hub

EVENTS

Why not 'pop-in' to our drop-in?

Kings Lynn Information and Support Day
Tuesday 8 November 10:30am to 3:00pm

Hope Hub: Providence Community Centre
Providence Street, Kings Lynn
PE30 5EY

Learn more about a range of support services, grants and information available to you and your family from your local public facility.

Find out about Universal Credit, Pension Credit, Disabled Facilities and get guidance regarding making a Family Fund application.

Call us if you are planning on coming to learn up and about Universal Credit, Pension Credit, Disabled Facilities and any questions.
www.familyfundforkings.org
Find the current page on our website: **www.familyfundforkings.org**

Family Fund
Helping disabled children

Free food sessions continue through the autumn

Our Food for Thought sessions continue **at the Discovery Centre** in King's Lynn. They take place every **Friday (9.30 – 11.00) and on FREE to attend**. They are designed to help people cook tasty and nutritious food on a budget. Each week is themed. People do not have to commit to attending every session. They are run in partnership with the College of West Anglia and Freedoriga and funded by the East Coast Community Fund.

Up to date info

Networking Event

VCSE Annual Conference returns in November

The Empowering Communities Partnership is delighted to confirm that planning for the 2022 Norfolk VCSE Annual Conference is underway. The Conference will take place between Monday 21st and Friday 25th November 2022 and will offer a range of predominantly virtual events throughout the week, culminating in an in-person event on Friday 25th. This will be the celebrating theme of the year's conference: 'The power of partnership with collaboration'.

Find out more

RESOURCES

Surviving the Cost-of-living Guide

Our own guide that provides links to organisations, both national and local, that provide support for surviving the cost-of-living crisis.

Download the guide

Cost-of-living Support on Diocese of Norwich website

National and local support, resources and funding for churches to provide pastoral help for people affected by the cost of living crisis.

Cost of living support

Methodist Church webinar 'Offer a Warm Space this Winter'

In this 60-minute webinar, published in September, you'll find out what's being done in Gateshead and Liverpool to respond to the crisis, and how you might join in the emergency response. Church at the Margins Officer, Eunice Attwood, is joined by Deacon Tracey Hume from the Newcastle Methodist District, Paul Morrison from the Joint Public Issues Team, and Deputy Mayor of Liverpool, Jane Corbett.

View webinar

A guide to how your church can prepare for the impact of the cost of living crisis

Free your church can get involved

Kick Start course

CAP provides a FREE, pick-and-mix video resource to help UK churches support individuals through the cost-of-living crisis. The nine video sessions include practical advice on how to help people who are struggling financially, and positive steps forward. The sessions cover practical advice such as job searching skills, being well on a budget and dealing with worry and loss.

Kick Start

Trussell Trust tackling the cost of living

Trussell Trust helps churches to establish food banks to provide emergency help in their communities. Alongside this, they campaign to create a better future where no one has to worry about having food on the table. Here is their guidance in helping people through the cost of living crisis.

Increase your church
Churches are key in sourcing and donating food for food banks. They can also provide valuable storage space and trained volunteers to meet the growing needs. Don't underestimate the importance of prayer and simply making your church aware of the scale of the cost of living crisis and its accompanying impacts.

Understand the problem
Use the Trussell Trust's Christian conference research into the experiences of people on Universal Credit - highlighting the inadequacy of our current social security system. Understanding the problem can help to reduce stigma and encourage generosity.

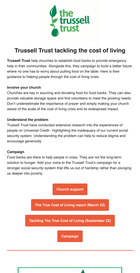
Campaign
Food banks are there to help people in crisis. They are not the long-term solution to hunger. Add your voice to the Trussell Trust's campaign for a stronger social security system that lifts us out of hardship rather than plunging us deeper into poverty.

Church support

The True Cost of Living report (March 22)

Tackling The True Cost of Living (September 22)

Campaign



Closing date for applications: 5pm on Tuesday 8th Nov 2022
Interviews will take place on Tuesday 15th Nov 2022

King's Lynn Foodbank is a charity founded on Christian principles. Not every member of the team is a Christian, but we all subscribe to the same values and hope new team members will too.

FUNDING

What is a Community Hot-Spot?

Norfolk Community Foundation

Norfolk Community Foundation's 2022 Surviving Winter funding will focus on supporting organisations to provide a Community Hot-Spot. A Community Hot-Spot is a warm, local space that can provide those who are vulnerable, or have been impacted by the cost-of-living crisis, with somewhere to escape from the cold and connect with people in their community.

Community Hot-Spots that are accessible (free) and inclusive (open to everyone) may be prioritised for funding. Spaces should be open regularly (at least once a week) so they can support their communities to the fullest extent. Venues that are not in the vicinity of a similar warm community space may also be prioritised.

Community Hot-Spot

We would love to hear your organisation's idea for a Community Hot-Spot. Our Community Hot-Spot funding could support your organisation to...

- Create a new Community Hot-Spot! This could be in your current premises or a new venue you have identified, e.g. a new organised warm space in a village hall that provides community members with the opportunity to have a cup of tea and a chat.
- Create a partnership with a venue in your community. This could be a café or pub that is at the heart of your local community. All ideas welcome!
- Run an existing service. This funding could support the costs involved in running a current group, e.g. a parent and toddler group.
- Increase the capacity of a service that you already provide, e.g. holding your existing weekly lunch club for an extended amount of time due to an increased demand.

Funding can support a range of costs, such as:
utility costs, transport costs to the venue, volunteer expenses, equipment to aid the delivery of activities (e.g. a tea urn), providing free or subsidised refreshments, contributing towards hire costs, etc.

A Community Hot-Spot is a warm space for people to take a break from the cold and connect with others over the winter months. Grants of £2,000 are available to contribute towards the cost of running or establishing a Community Hot-Spot that gives a warm welcome to the whole community, in particular reaching those who are vulnerable or have been impacted by the cost-of-living crisis – for more information visit community-hot-spot-fund

Community Hot Spot Fund

Ørsted's New Community Benefit Fund

Ørsted are delighted to announce that a new Community Benefit Fund from the Hornsea Three project will enable more groups along the Norfolk and Suffolk coasts to apply for funding for their important projects, supporting the communities who live within a designated distance from the coastline and cabling route. This means that the current East Coast Community Fund eligible area in North Norfolk will become part of the Hornsea Three eligible funding area. More information can be found on their website.

Website

NCF Funding Newsletter

Norfolk Community Foundation

Plenty of helpful funding news here.

NCF Funding Newsletter

LET'S TALK...

I would love to hear from you to discuss any of the following things:

- How you are getting involved in your local community, and any good news stories about the difference this is making
- Events you are running, which welcome the local community
- If you would like me to visit your church, church meeting or group
- Anything you would find useful in future editions of this letter
- Just to say hello!

Andrew Frere-Smith
t: 07949 964932
e: andrew.frere-smith@dioceseofnorwich.org

Imagine Norfolk Together is a partnership between the Diocese of Norwich and the Church Urban Fund. We support local churches creating stronger communities through social action.

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